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IN THE REALM OF THE FEMININE



Causes Of Homeliness

I will notice an improvement from the start. insufficient bowel movements. Doctors of a generation or two back bled every patient irrespective of bis. trouble-some carrying it to the ex-tent of bleeding men already dying of open wounds. Their idea was that most people over-eat, their blood becomes too rich and thick, and "letting" a little of it would relieve the blood congestion. No wonder the dectors were called leaches!

Back of them, again, was the school of medicine that gave laxative herbs for every trouble—their idea was far more sane. People over the capecially in the matter of meats; to get them well they needed nothing but a physic. Finally, all medicine came to be called "physic" and doctors eventually physicians. At least, so one of my old school books told

Today we have discovered that discovered is produced by govern that the clogged colon, filled with poisonous waste from the body, is an ex-This is a subject I write upon frequently because it is the basic fa must be clean and pure interns or it can never be sweet and beautiful on its surface. If you wish a clear, beautiful skin, in place of a lined and sallow one, you must have an absolutely clean colon. Many women who believe they are well regulated this way have been found to have collected poison and waste for years in the colon, matter that became stuffed in a bend of this long tabe, that poisoned the blood passing through it. If you are seriously trying to make yourself more beautiful give you self one hot anema a day for an entire month—this will flush out every bit of matter that may have collected. Then watch carefully against the evil of constipation.

Questions and Answers me thank you in advance.—P. S. thoroughly. Take a teas, onful three Reply—Read and observe the Chat times a day for three days, rest three days, printed above: In addition, don't eat too repeat, rest three more days, repeat. This much meat, avoid candy and pastry, take will bring out more pimples, then will a daily hot bath. Buy some liquid green clear stin eatirely.

Before you can achieve beauty you must find the reason for its present absence

Reply—Get ten conts' worth of four of sufphar, take half a tumbler full of it, add enough molecules to all tumbler, mix thoroughly. Take a teas, onful three

Copyright by George Matthew Adams

INSURE YOURSELF AGAINST OLD AGE

stick to him through thick and thin—self.
well, he must look to his dog." The
old man paused and shook the dead world and perhaps no longer young,

Sound philosophy, this, "The way Youth is Brief" The woman who works should look

AND SUFFERING

Read How Mrs. Goodling got Relief and Strength.

York, Pa.-"I have used Lydia E. wash dishes and I a person of importance, and such a person is never without friends.

I had the doctor every few days but since I have taken NEW YORK, N. Y.—The arrival of the Compound I

orts and Estimates on Project and get relief. It has done wonders for me. "Mr. Carnannus Goodling, 128 E. King Street, York, Pa.

When a medicine has been successful in bringing health to so many, ho woman mate sight to say without trying it. "I do not believe it will help me." There must be more than a luminated and Twenty-ninth street and the Hudson river at 10:30 o'clock Kendrick left Atlantic City at 7:15 o'clock but became lost in a fog and was forced to land at Perth Amboy to repletish his fuel tanks.

Lawrence B. Sperry, inventor of the sydroscopic stabilizer, was the next op ut man and alling women. Try it and see for yourself.

It there are any complications if there are any complications in the made the trip from the Hutle cone fire sprang twelve feet high and was reflected by me." There must be more than a luminated and Twenty-ninth street and the Hudson river at 10:30 o'clock Kendrick left Atlantic City at 7:15 o'clock but became lost in a fog and was forced to land at Perth Amboy to repletish his fuel tanks.

Lawrence B. Sperry, inventor of the sydroscopic stabilizer, was the next to put in an appearance. He left Amity-ville, L. I., at 12:02 p. m. David Me. Ullough, the last to arrive, "docked" at the site selected for the Flying adventure.

The first guest to come via the air great clouds of smoke above, while the Hudson river at 10:30 o'clock Kendrick left Atlantic City at 7:15 o'clock but became lost in a fog and on their watches at midnight sydroscopic stabilizer, was the next to put in an appearance. He left Amity-ville, L. I., at 12:02 p. m. David Me. The made the trip from the Hutle cone fire sprang twelve feet high and was reflected by great clouds of smoke above, while the Hudson river at 10:30 o'clock the incandescent fountains sponted up the Hudson river at 10:30 o'clock the incandescent fountains sponted up to color the fire the fire from the Hudson river at 10:30 o'clock the incandescent

nevertheless, that friends will be at a woman's beck and call as long as she is independent—can pay her way; but as soon as she becomes unable to "Constancy? There is not such thing es are she can count her friends on in life—not among human beings. If her fingers' ends—friends in all prob-a man is looking for a friend who will ability reduced to nothing like her-

old man paused and shook the dead ashes from his pipe.

"The friends of a man's youth go away and forget him," he resumed, and if, when old age comes, he has a little money or property, he will have many friends, but if he loses what he has they quickly vanish. It's human nature—the way of the world. If you've worked hard all your life and have accumulated a little, see that you keep it. If you don't—if you get old—too old to work, and have nothing, you become a burden on relatives who do not want you, or are bundled off to the work-house, with nothing to hope for but death. Look out for 'No.

I.' If you don't—well, no one else will."

World and perhaps no longer young, should keep the picture of old age constantly before her. To her "No. I" should be the most important person she knows. She should, therefore, discountenance all needless extravagance in dress or amusements and should make it a rule to save a certain portion of her salary weekly (very old advice, but good) and let nothing influence her to swerve from him that rule. By and by "Aunt Sarah" or "Cousin Mary" will find many doors opened to her if she is able to pay her way, and this she certainly can do, if she has sense enough to look ahead now; on the other hand if eld age finds her unprovided for—well, the friends of her palmy days pahall be no more.

old sound a warning note to the at life in a practical way. Youth is king woman—the woman who is very brief, and the person who relined to be extravagant, for she, mains single does not always remain Inclined to be extravagant, for she, mains single does not always remain young, when the time comes that she must relinquish her place to a younger woman, she should have acquired a competency sufficient to supply the needs of old age; but if old age finds her with nothing, and she must 'go to live with relatives," she can count on a very cool reception—

> "Human nature" is so taken up with its own affairs that it has no time to waste on the unprovided for woman, old or young, either. Therefore, "The Way of the World" should be constantly in the working woman's mind; and if she follows the advice of the old man quoted above—keeps a sharp lookout for "No. 1"—well, she may rest assured that by and by she may rest assured that by and by she can take life easy in a Morris chair.
> She will never be lonesome, for a
> stand at my sink to
> woman on the retired list is always

NEW YORK, N. Y .- The arrival of for him. I have had for him. I have had for him. I have had by cities in hydroaeropianes was one of the unique features of the "aviation luncheon" tendered to the newly organized New York Flying Club by the Harlem board of commerce. Coverage every suffering woman to try it dget relief. It has done wonders for sone in Paper's Harlem casino. by cities in hydroaeropianes was one of the unique features of the "avia-tion luncheon" tendered to the newly



Why not have your clothes really fit your personality---not only in actual cutting but in style and fabric? Business men are more and more realizing the unusual advantages of being tastefully attired in McInerny clothes. It gives them a sense of freedom from all unnecessary handicap. It helps them carry with them that valuable and usually irresistible atmosphere of continuous success.

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"The House of Courtesy

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Everyone Should **Drink Hot Water** in the Morning

Wash away all the stomach, liver, breakfast,

To feel your best day in and day out, to feel clean inside; no sour bile to coat your tengue and sicken your breath or dull your head; no constipa-tion, bilious attacks, sick headache, ach, you must bathe on the inside like you bathe outside. This is vastly pores do not absorb impurities into the blood, while the bowel pores do,

says a well-knewn physician.

To keep these poisons and toxins well flushed from the stomach, liver, kidneys and bowels, drink before

Get a quarter pound of limestone phosphate from your pharmacist. It is inexpensive and almost tasteless, except a sourish twings which is not unpleasant. Drink phosphated hot Though on account of the large

liver, kidneys and bowels.-Adv.

SCIENTISTS SPEND WEIRD NIGHT IN VESUVIUS CRATER

has been spent by Professor Malladra ing science to industry. Manufacturof the royal observatory on the moun- ers all over the country are showing tain and Frank A. Perret, the Amer- their belief that the future of the ican volcanologist. They descended the crater to take scientific observations and note recent changes. They found that the lava which burst from the internal cone the week before was still red-hot in various places. The

principal phenomena. Finding so much to do, they deter- deal with science and languages. mined to pass the whole night in the

Lydin E. Pinkham Medicine Co. Port Washington, twelve miles, in exactly ten minutes.

Ullough, the last to arrive, "docked tablish a service of large achoose tablish achoose tablish achoose tablish achoose tablish achoose tablish ach achoose tablish achoose tablish achoose tablish achoose tablis

British Board of Education Will Start Revision of System to **Meet Situation**

breakfast each day, a glass of hot tained from the House of Commons a water with a teaspoonful of time- vote of funds for research in connectone phosphate in it. This will tion with industry, England having leanse, purify and freshen the entire definitely determined to direct the alimentary tract, before putting more minds of youths towards the study of science as applied to industry, in pre-

water every morning to rid your sys-tem of these vile poisons and toxins; on war service it will be difficult to also to prevent their formation. the actual science courses under To feel like young folks feel; like way, it is understood that the scheme you felt before your blood, nerves and when launched, will prove to be a muscles became saturated with an accumulation of body poisons, begin this ble teature, for instance, as filustrat-treatment and above all, keep it up! ing the whole-hearted conviction to be As soap and not water act on the skin, I encountered is the unmistakable concleansing, awastening and purifying, viction of manufacturers all over the so limestone phosphate and hot water country as to the wisdom of constant-before breakfast, act on the stomach. It promoting scientific research. Years ago British manufacturers required almost a generation of careful study and discussion, sometimes accompanied by bitter controversy and the dis-NAPLES, Italy.-A weird night at ing changed methods vastly less radi the bottom of the crater of Vesuvius cal than this general approval of join

pends on the new program of instruc-The Board Education has lately set up three committees, one of which scoriac, which rose more than 300 feet, of young persons up to the age of 15 The two explorers took observations gard to those who have lost their three guests from their homes in near of temperatures, gases, etc., and pho-by cities in hydroaeroplanes was one tographs and kinematographs of the taken out of the schools into industry. Two other committees announced will

country as well as their business de-

Akron, O., compels autoists to dim

OPF

ror a rew cents And a Little Action



Yes, for a few cents and a little activity, you can get that "vacant lot" ad in The Star-Bulletin that will mean a sale in all human probability.

Many people, whose judgment tells them that they should insert a "For Sale" Want Ad, refrain from doing so because they think the cost is high.

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Any other method in the world of reaching the large circulation of the Star-Bulletin would cost many times this amount

Throw caution to the four winds and use Real Estate Want Ads now. The results will take care of the cost. Phone 4911, The Ad Man.

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